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 * HUMAN * NATURAL * NATURAL BEAUTY * BEAUTY PROMOTION *

CAMBRIDGE REGION March-May No. 11 50p

Community Links



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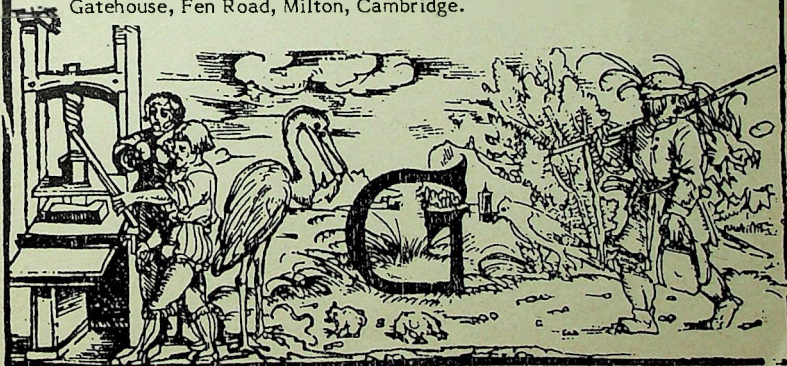


EDITORIAL

The flavour of this issue of Greenwave is local initiatives - community radio, the Castle Project, the Bridge Project, health issues, animals, plus the usual directories and events listings. But...nearly all our information is about things happening in Cambridge. If you're from March, Peterborough, Ely, Chatteris, St Ives or St Neots, please get in touch.

We welcome articles and letters from everybody. We have decided to be quarterly from now on, rather than producing five issues a year, so the next issue will be June-July-August. Copydate is 12 April. The price is going up to 50p with this issue, but you'll get four extra pages each issue for your money.

We'd like the next issue to be about 'living with the bomb'. How do you feel about it? Does it worry you, or do you try and ignore it? Write and let us know. Send your thoughts to 'Greenwave', The Gatehouse, Fen Road, Milton, Cambridge.



The Fens in Danger

Two previous issues of Greenwave (number 8 and 10) have condensed the social and ecological histories of the Fens which stretch from Lincolnshire round to King's Lynn down to Ely and beyond and back in a roundabout way up to Lincolnshire. But the problem, brought about by the past and aggravated by the present, is a present day problem the circumstances of which may seem to be stable and not deteriorating.

But that is always the case with the countryside. Its deterioration is gradual and unseen so that the present ecological environment, viewed by any given generation, tends to be accepted because that generation has not lived long enough to see the change.



But now, because of modern technology, change is fast and we can notice it. With current methods of information collection and analysis we are both in a privileged and a responsible position to see the problem clearly (and to see it worsen before our eyes). We therefore have the greater responsibility to do something. So what exactly is the problem? I've seen it. I've lived in the Fen countryside for eight years and have farmed the land in a small way as a hobby. So I like to think that I, along with a lot of others, are good and credible witnesses as to what is happening to the countryside.

Humans often have a restricted imagination about problems unless they can plainly see them. If a problem cannot be seen then it can only be brought home if people feel it economically. So the problem of the Fens is that it is not felt economically but can be seen with the naked eye; that is where the problem must be tackled.



The Fens' problem is not complicated. It is rooted in one thing - the flatness of the land. There is nothing intrinsically wrong with flatness but such physical geography can either be used to the good, and the best brought out of it, or the worst abounds.

If the Fens are left to Fen people they tend to erect all sorts of eyesores from

corrugated iron shacks to large asbestos barns. Anything built in the Fens does not blend because the flatness makes it stand out like a sore thumb. For example, pylons in the Fens stand out more than in other parts of the country.

So why are these eyesores allowed? They are tolerated because the system of protection in our country favours places that are already beautiful. For any part of the countryside to be protected it must have an initial beauty. Places that are not 'beautiful' are not considered worth protecting. This sets the norm in the Fens.

If local people do not have a visual pride in the Fens they see no point in trying to beautify their little patch and so it gets worse. With it getting worse there is even less reason to protect the countryside.

Why is there no effort? There is little money in the Fens and because it is unbeautiful the area is relatively cheap to live in. I moved to this area because smallholdings were far cheaper than in other parts of the country. Relatively poor people live here so they cannot afford to go out of their way to build nice places. Secondhand sheds abound and all the small units together create a poor looking environment.

Farming Practices



Relatively cheap smallholdings are put together and maintained in a secondhand way (through no fault of the owners) and are then sold up and transferred. Quick changes of ownership of anything, including land, tends to stifle long term improvement. Houses and smallholdings are chopped and changed about and because of transitory ownership the time is not adequate to improve properties by carrying out long term environmental projects.

Another factor in the countryside is the farmers. One will never really know whether farmers are rich or have average incomes. It fits in nicely to put them in a pigeon hole with the rich because they own land and buildings. But as far as the environment is concerned the argument is irrelevant to the problem. Local farmers in the Fens tend to work the land themselves. They more often than not can be seen in overalls driving their own tractors. That is a nice idea

and one thinks it must be good and must produce good results. But once again this is irrelevant to the problem.

The real problem is that the Fens have average good land. Fenland does not require great imagination to farm. It lends itself to today's monoculture much more readily than most places. With no trees and hedges land can be cultivated to the edge of the ditches. The soil being good but heavy takes wheat and the other rotation crops which farmers hardly have to think about or plan (ie cereals, potatoes, sugar beet, rape etc). If farmers do not have to plan or think too much, over the generation they tend to lack imagination. To him there seems to be no problems. He makes the necessary gross and net income as his father and grandfather did (except with modern machinery this time) in the only role he feels he fits. This is a narrow role but he has no great ambition to make a greater profit than his neighbour.



With the aim of limited but profitable use of the soil, trees and hedges which do not produce profit are discarded. It is obvious to the farmer that a hedge which needs to be tended does not create money so he gets rid of it. There seems no reason to replant a tree and tend it (a difficult operation requiring long term imagination) when the old one has gone.



So bit by bit it all goes. Most of the fields of grass have gone. Grass fields used to abound in the north Fens and sheep predominated as witnessed by the large rich churches (like mid-Suffolk) of the Walpoles. Wool was exported in great quantities through King's Lynn and the Wisbech ports.

Nowadays corn is the thing because more money can be got out of it and less effort put into it. It lends itself very easily to cultivation with machinery and requires less labour. It appears to farmers to be cheaper and easier to borrow money to buy machinery and pay the interest than to keep more labour which would be necessary for raising stock. In any event stock is intensively housed now (except some sheep) and there are few grass fields, especially around Wisbech Orchards, so there appears to be no need for windbreaks for stock or orchards.

(This article will be continued in the next issue)

John Clarke

esperanto

by Sro Haswell.

A nine letter word that you find in the better class of crosswords. Especially as one can make several good anagrams out of it. How surprised people are when they find that it is a real, used, living language. They imagine something deep, dark, in the bowels of an Oxbridge vault, gathering dust, cobwebs and black widow spiders, written in sanscrit, hieroglyphics, on ancient papyrus. Esperanto, in fact, is spoken and written, by several million people in the world today, it is a living language. It is unique in that, invariably, it is not the first language of anyone and has no 'home base'.

Esperanto was created by Ludwig Zamenhof. He lived in Bialystok, which at that time was in Poland. However, his country displayed the unfortunate knack of turning up in different positions on the map of Europe. Students of history will tell you that this happened because of what was going on at the time. Perhaps Ludwig was concerned more about communicating with his fellow man than history. He spent many years creating an artificial language, that the majority of the people of the world would be able to understand. To do this, he used words that are common in several languages. To simplify the grammar, all nouns end in o, all adjectives in a, adverbs in e. All verbs regular. The result is a language that one can quickly learn. Clover whatsits estimate that you can learn it five times quicker than the simplest European language. With wise use of prefixes and suffixes, the Esperanto vocabulary is far smaller than any national language. The average working man or woman simply has not got the time to thoroughly learn a foreign language. With Esperanto, one can.

We exist regionally, nationally and internationally, with conferences and AGMs at these levels. Unfortunately, we are weak in Britain. Strong in Poland, Bulgaria, Hungary, Romania, USSR. Growing strongly in China and Iran. We have our own Green movement nationally and internationally, and our own peace movement. Please bear in mind that we cross political boundaries, we are a society that believes everyone in the human race is a child of planet Earth, we live together or die together. Instead of insulting, picking faults with one another, like politicians, or the media, we believe in direct contact. It is difficult to declare war on your pen friend.

I have written to pen friends in every continent, perhaps 30 countries. Esperantists out of several countries have visited me. I used the Esperanto peace movement channels to get an article about the 'Peterborough against the

missiles group' into the peace conference at Prague, using Esperantists in Czechoslovakia. An example of how one can exploit an international language.

I am a brickyard labourer. I am in direct contact with several groups of workers overseas. We do not always agree, but I feel we discuss honestly. I have tried to explain to East Europeans about the recent miners strike, I send recipes to Romania, I swap flower seeds with a Japanese university professor who wishes to create an international garden; the use of the international language is infinite.

Perhaps, despite my article, you might wish to learn. Would you believe that it is FREE! Yes, write to me and I will send you lesson one of the free course, and off you jolly well go. Quite a lot of Esperanto magazines are flying round the globe, and lists of overseas Esperantists who wish to find pen pals in Britain, etc. To learn properly, we all have several overseas penfriends, ideally non-English speakers, to make sure we are doing it right.

The BBC's motto is 'nation shall speak unto nation'. At least, if no one else is, Esperanto is trying to. I feel Greenwave readers are sensitive to such an ideal!

Have a Go with the First Lesson

The Esperanto Alphabet and Pronunciation will be fully dealt with in later lessons. Phonetic pronunciation of all words will be given as they are introduced, so that you may commence reading aloud from this lesson on. Each letter is pronounced in one way only, and there are no silent letters.

A Pronunciation Cassette to accompany this course is available from the Esperanto Centre, 140 Holland Park Avenue, London W11 4UF. Price £2 inclusive.

1. LA (lah) = the; KAJ (k-eye) = and. These words never vary.

2. All nouns (words naming things, places, ideas) end in -O. This is pronounced midway between "go" and "got". ROZO = (a) rose, PATRO (pahtro) = (a) father, BESTO (an) animal. VIRO(Veero) = (a) man, FLORO = (a) flower, KATO = (a) cat. There is no need for an equivalent to the English "a" or "an". PATRO means "a father" according to the context.

3. Plurals are formed by the addition of the letter -J. This is always pronounced as "y", so that JES, which means "yes", is pronounced in exactly the same way as the

English, -OJ is pronounced as in "b-oy".
ROZOJ - roses, PATROJ - fathers, FLOROJ - flowers.

4. The Present Tense forms of the VERB "to be" (am, is, are) are represented by ESTAS. This does not alter in singular or plural.

ROZO ESTAS FLORO - A rose is a flower.

ROZOJ ESTAS FLOROJ - Roses are flowers.

ESTIS - was, were, ESTOS - will be.

LA BESTO ESTIS KATO - The animal was a cat.

All verbs use these endings -IS, -AS, -OS.

A FILO LUDOS - The son will play

LA PATROJ DORMIS - The fathers slept (were sleeping.)

LA VIROJ TRINKAS - The men drink (are drinking).

5. Negatives (no, not) are represented by NE. Placed in front of the verb, it negates or denies the statement.
PATRO NE ESTAS BESTO - Father is not an animal.

Pronunciation Note. Since each letter in Esperanto has one sound only, it should not be necessary to give the pronunciation of subsequent words unless new letters are introduced. However, you may need reminding occasionally.

Vocabulary No. 1

AKVO water
VINO wine
HUNDO(Hoondo) dog
FRUKTO(frookto) fruit
TRINKAS(treenkas)drinks

DORMAS(dorrmass) sleeps
SKRIBAS writes
SIDAS sits

KAFO coffee
FILO(feelo)son
POMO apple
TABLO table
LUDAS(Loodas)

plays
KURAS runs
SUR on

6. Note carefully MI SKRIBAS - I am writing or I write. Do not translate "I am writing" by MI ESTAS SKRIBAS. Similarly in Past or Future forms. Do not translate "He was playing" by LI ESTIS LUDIS, i.e. do not use ESTIS, ESTAS or ESTOS with another verb ending in -IS, -AS or -OS in the same phrase.

Now translate the 20 statements that follow.

1. Father and son are men.
2. The rose is a flower.
3. Water and wine are on the table.
4. An apple is a fruit.
5. The cat was on the table.



6. The flower was a rose.
7. Dogs and cats are animals.
8. A cat ran.
9. Dogs and cats play.
10. The son will not play.
11. The rose is not a fruit.
12. The father wrote.
13. The men sat and drank.
14. The animals ran.
15. The dog is sitting on the table.
16. Men slept.
17. The dogs were not sleeping.
18. Father does not drink.
19. The animals did not run.
20. The son was drinking.



Send your translation, with your name, address and a s.a.e. to:

Sro Haswell
15 Oak View
South Bretton
Peterborough PE3 6YE

Tel: (0733) 260826

Or contact: The Andrew Murden Centre
(see article in this magazine)
or the Cambridge Esperanto Group (KEG) at the University
for more practise.

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Magazine Review-TRANET

Transnational Network for Appropriate/Alternative
Technologies _____

Tranet is a quarterly newsletter-cum-directory for anyone who is interested in alternative technologies, world peace, new education - in fact, anyone who knows that the Green movement spreads further afield than East Anglia. We have all thought - "if only someone could do something about" and here are the groups and publications around the world that put wishful thinking into practise. It is heartening to see how many there are.

A brief paragraph describes each publication, from Appropriate Technology case studies (38 firms in India now turn out 15,000 Deepwell village handpumps a year) to the problems of education in black South African schools, (questions are not welcomed), and from an International Communes Festival in France to how to answer your childrens' questions about neutron bombs.

Each issue has a large selection of information from around the world with a more detailed section on one aspect, e.g. food self sufficiency, innovative learning, low cost transportation. Since it is produced in the USA, the network emphasis is mainly American, and there were only six British contributions: Resurgence, Earthscan, New Travel Bulletin, Intermediate Technology, the study of an A.T. based village in Milton Keynes and - a Cambridge magazine called Greenwave. International fame at last!

A subscription to Tranet costs the equivalent of \$30 (about £17) and your membership underwrites the cost of one subscription to a Third World individual, library or organisation.

'Tranet', P.O. Box 567, Rangeby, ME O4970 USA.

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ERITREA-The Links



HISTORICAL BACKGROUND

Eritrea is a country straddling the Western shore of the Red Sea and stretching for 1000 km. from Djibouti to Sudan. To its south is the border with Ethiopia.

It emerged as a political entity in 1889 when it was colonised by Italy, but its claim to independence stems back through the centuries. With the overthrow of Mussolini independence must have seemed to be in sight, but following a period of British administration from 1941-52, the UN resolved that Eritrea be made an autonomous region but that it must be federated with Ethiopia. This decision went against the spirit of the UN charter because it did not take the wishes of the Eritrean people into account. However, it can perhaps be explained by quoting John Foster Dulles (US Secretary of State) who said: "From the point of view of justice, the opinions of the Eritrean people must receive consideration. Nevertheless, the strategic interests of the US in the Red Sea basin and considerations of security and world peace make it necessary that the country has to be lined with our ally, Ethiopia."

Although the UN guaranteed an independent legislative, executive and judiciary for Eritrea, the Ethiopians started to violate all the provisions of democratic rights established in the Eritrean constitution. The Eritrean people made several appeals to the UN, but all was in vain.

In 1962 Ethiopia annexed Eritrea completely. Although Eritreans have always sought a political solution, UN indifference means they have had to resort to armed resistance - fighting for the right to self-determination.

SUPER-POWER MANIPULATION

Not only is money spent on arms at the expense of the world's poor, but the arms industry relies on Third World countries as a dumping ground for their out-of-date products. The research and manufacture of nuclear weapons is largely financed by these massive arms sales to developing countries.

More significantly, the dependence of Third World Countries on loans and aid gives the US and USSR the power to demand military favours in return. For example, the US paid Ethiopia for its military base at Asmara in Eritrea with something like \$300m worth of military aid in the 1950's. At the moment the USSR is doing much the same sort of thing in return for naval facilities.

Another link is the Rapid Deployment Force, which includes battlefield nuclear weapons in its arsenal, created by the US as a means of defending its vital interests in 'trouble spots'. Being the potential target of a nuclear missile is not the prerogative of countries with nuclear weapons, non-nuclear countries like Iran, Iraq and Vietnam have actually been threatened by the US with the use of nuclear weapons.

Eritrea is strategically important because of its position on the Red Sea. Oil for America is shipped down the sea, and it provides ready access to the rest of the Middle East. The country is also a good place to establish a 'listening post'.

Eritrea is an extremely fertile place, with the potential to be a net exporter of food, but as a result of continued conflict with Ethiopia thousands of people in both countries are suffering from malnutrition and starvation. Famine is being used as a weapon of war.

DEBT CRISIS

97% of Ethiopia's food budget is spent on cash crops which are exported to acquire foreign currency to pay for the war. In some areas of Eritrea, Ethiopian troops have pursued a scorched earth policy, destroying crops, poisoning wells, killing livestock and displacing whole communities by bombing villages. Over the years hundreds of thousands of children, women and men have been killed and maimed. Many have been made refugees forced to flee to neighbouring countries also suffering the effects of the drought.

Despite this, the Eritrean People's Liberation Front (EPLF) has successfully resisted Ethiopian rule for 25 years and receives support from the population in the areas it administers. An important part of the EPLF's strategy is to carry through reforms to redress the balance of power towards the poorer people. This involves the redistribution of land to the peasantry, and in particular to women who are encouraged to free themselves from the bonds of feudal society.

The EPLF has developed a remarkable degree of self-reliance by manufacturing machines, tools and spare parts, often using equipment captured from the Ethiopian Army as a source of raw material. Underground hospitals and camouflaged schools perform miracles of health and education respectively.

TOOLS FOR ERITREA

Even after the fence went up at Molesworth, the Wheat to the Starving campaign successfully raised a shipment of wheat to send to Eritrea. Tools for Eritrea is a continuation of that campaign. Throughout the UK local groups are collecting and refurbishing tools - mattocks, heavy hoes, spades and shovels - needed by the people of Eritrea for growing their own food.

Tools for Eritrea might at first seem to have marginal relevance to the anti-nuclear campaign but those who continue to say so in the face of the evidence should be aware of the similarity of their position to that of the pro-nuclear lobby - that attitude which insists that nuclear weapons have kept the peace for the past 40 years. They haven't, they've just shifted the battlefield to other parts of the world so that we can enjoy the luxury of discussing the relevance of Third World suffering to our lives because our freedom is being bought at *their* expense.

(TOOLS TO ERITREA can be contacted at: The Old Schoolhouse, Clopton, Nr. Kettering. Tel. Clopton 257.)

Our Health In Our Hands

And What You Can Do To Help

"Whatever
you can do,
or dream you can,
begin it.

Boldness
has genius
power and
magic in it." GOETHE



Hopefully most of Cambridge will know that we have a Natural Health Information Centre - just in case you don't: it opened nine months ago and its aims are as follows:-

- * to provide an information and education service to the public about wholistic health
- * to provide details of the therapies and therapists available locally
- * to look at ways of making these therapies more accessible to those who find it difficult to afford such help
- * to build bridges between those practising orthodox and complementary medicine

The information/education side of the work has really taken off and helped to establish our presence in Cambridge. More than 150 enquirers have been dealt with at the Centre; and stalls and exhibitions distributing information and literature have been held at several events throughout the year. We see it as an ongoing process to inform the public of the existence and nature of natural therapies.

Networking - the linking of people, their ideas and their work - has been an exciting part of this years calendar. Social events and workshops have brought members together and have been uplifting and supportive in terms of providing the organisers with the impetus to keep going! Perhaps one of the most important events was the "Our Health in Our Hands ?" meeting at the Fisher Hall, which brought together people involved in many local self-health initiatives. This was a special event in that the speakers came from both the 'orthodox services' as well as less conventional fields of work. Over 120 people turned up to

participate in the first event of this kind - more are planned - but a fitting end to 1985.

And where to in 1986?

Until the various natural therapies are available on the NHS, it is important that we look at ways to make these wholistic and preventative therapies available to those who find it difficult to afford such care. Setting up a Credit Union could be one answer. We need someone (or two) who would be interested in looking into this and setting up such a scheme -an exciting and worthwhile pursuit for anyone wanting to help make natural health care available to all in times of need. Could you help ?

At present the Health Centre is run by the reception team and the management group (some receptionists are involved in the management group as well). The reception group who are at the Bath House three afternoons a week, have a tremendous responsibility in presenting natural health to the public - not only information about individual therapies but in presenting ideas and concepts of wholistic health to those who may be uninformed, misinformed, confused or suspicious. The receptionist is often an enquirers first contact with 'alternative medicine' and so requires the receptionist to have not only tact and empathy but an understanding of several different therapies as well. If you would like to work (voluntarily) in our reception team, we would like to hear from you.

The management group is responsible for the 'behind the scenes' work: the finances; registering practitioners, setting up workshops, social events, stalls, exhibitions; making contacts; meeting with NHS departments, implementing health education programmes; typing printing and artwork for publicity material; distributing posters, leaflets and newsletters; and anything else that needs doing! Most of the practical tasks have been done by two or three people - with the ever expanding work we urgently need more willing souls to help with this rewarding and worthwhile work "whatever you can do, or dream you can, begin it"!

It took the original working party nine months to set up the NHIC and its been wonderful to watch the development since its opening in March last year. The future of the NHIC depends on the amount of energy and goodwill that will go into this important work - there are many exciting ideas floating among the management group and the members of the Centre - could you give some time to be involved and help us put some of these into fruition in 1986 ?

All around the country centres are springing up - not just for health but for women, for men, for peace and for

environmental issues. Each centre is a strand in the web that joins each to the other, each having what Teilhard de Chardin calls "a sense of the future". The reward for us as individuals, is a sense that our own, individual changes are somehow related to this larger dynamic of change. As we each grow alone, we all grow together.

For more information about the NHIC contact Evelyn Wildman C 316177 or call at the Bath House during opening times, for a chat and to look at our new range of books on many aspects of wholistic health.

OPENING TIMES: Tues: 3.30 - 6.00 pm Fri: 2.30 - 4.30 pm
Sat: 11.30 - 3.00 pm. THE BATH HOUSE, GWYDIR STREET,
CAMBRIDGE PHONE C 63205



Decide to network

Use every letter you write
Every conversation you have
Every meeting you attend
To express your fundamental beliefs and dreams
Affirm to others the vision of the world you want
Network through thought
Network through action
Network through love
Network through the spirit
You are the centre of a network
You are the centre of the world
You are a free, immensely powerful source
of life and goodness
Affirm it
Spread it
Radiate it
Think day and night about it
And you will see a miracle happen:
the greatness of your own life.
In a world of big powers, media, and monopolies
But of four and a half billion individuals
Networking is the new freedom
the new democracy
A new form of happiness

by Dr. Robert Muller
Assistant Secretary-General for
Economic and Social Services
for The United Nations

In an attempt to bring to 'Greenwave' readers the most catholic spread of knowledge we bring you the following article penned by a 'Cambridge Intellectual'.

Intricate values

It is only in the last few years that a proper study has been carried out on a person's choice of socks. For far too long this important aspect of the personality was totally ignored by all but a dedicated few. I intend to look briefly at the revealing choices that people make when they open their clothes closet first thing in the morning.

It is important to determine which foot is first put into the sock. Under no circumstances should it be assumed that if your left foot is used first in putting on your underwear that you automatically use the same left foot first when 'socking'. My research shows that the sort of person who does enter both underwear and sock with the same foot first is invariably a most awful pendant and quite unbearable to cohabitate with. Yet even worse is the person who somehow manages to identify socks as belonging specifically either to the left or right foot and refuses to contemplate 'cross-socking'.

Now to sock types:

White socks - used to be considered a sign of virginity when worn by a female.

Now no longer applies. Instead, is now worn by a closet homosexual or a thwarted sporty type.

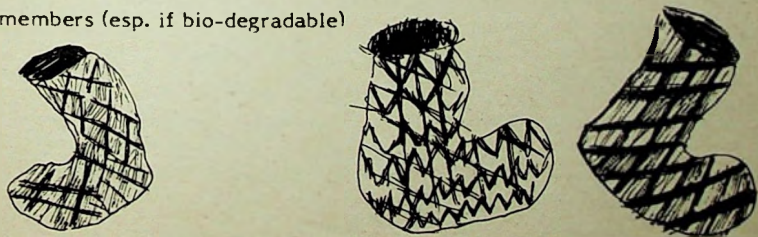
Horizontal striped socks - optimistic tendencies if around 40 years old, wearer is trying to shed ten years.

Vertical striped socks - pessimistic tendencies. Often worn by pubescent teenagers.

Cross-hatch socks - traditionalist. Aspiring conservative member of parliament. Students attempting to look older than their years.

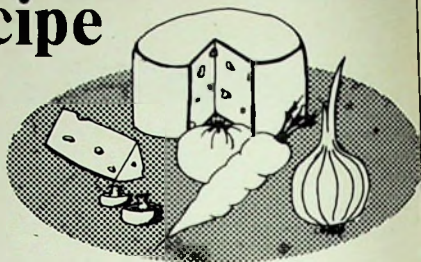
Flourescent socks - teddy boys/girls in their mid-forties. Progeny of the same.

100% wool, pastel-coloured socks - invariably worn by conservationists, ecology-party members (esp. if bio-degradable)



Greenwave recipe

Here is a vegetarian dish which is a slightly out of the ordinary nut recipe based on coconut.



GLORIA'S COCONUT ROAST

Sautee 1 lb. of onions, 1 lb. of courgettes and 6 oz. of mushrooms in 4 oz. of margarine for five to ten minutes. Place in a greased baking dish and mix in 6 oz. dried breadcrumbs, 10 oz. cream cheese (or a half and half mixture of cream cheese and cottage cheese or 10 oz. of French semi-fat soft cheese) and 2 oz. each of chopped almonds, walnuts and dessicated coconut. Add seasonings and flavourings of your choice: there is no need to add salt unless you're really addicted. Rosemary and marjoram make a good contribution to the flavour of this dish, and you can add a little tomato paste if the mixture looks too dry. Mix everything together and cook in a covered dish at 190 C, 375 F, Gas Mark 6 for 30 minutes. Uncover and cook for ten more minutes.

This dish is reasonably nutritious as it combines proteins in the nuts and cheese with fibre from the breadcrumbs (providing they're wholemeal) and nuts and courgettes (if you leave the skin on). Although there are some vitamins in the dish, many will have been lost in the cooking process, and so it would be a good idea to have a fresh salad with the meal.

If you would like a regular spot with recipes and basic nutritional information, write to Greenwave and/or send in your own recipes.

Bon Appetit.

MUSIC LOVERS

Are you a musical woman?

Have you ever imagined making music



IN A GROUP?

BUT



- * you think you're not good enough *
- * you don't have a decent instrument *
- * you were going to get it together next week *
- * you're afraid you'll make a fool of yourself *
- * you think you're too old *
- * you have nowhere to practise *
- * you could never 'perform'! *



Then I'd like to meet you
because although I feel these things I'd still like to play in a group.

If it happens...

WHAT KIND OF GROUP WILL IT BE?

WE'D BE women

WE'D LIKE Blues, Reggae, American Soul and Gospel, Bluegrass, Jazz, Rock and more. Most of all we don't like to classify music into categories

WE'D LIKE to sing or improve our ability to play guitar (including bass), sax, keyboard, harmonica, banjo, violin, drums etc

WE'RE WILLING to take the first step and meet and find out if we want to overcome our hesitations and develop our musical talents.

Interested?

CONTACT

Joan Henriques, Cambridge 210305 (evenings or weekends)
34 Great Eastern Street, Cambridge. Ring or drop me a line



On Sept 7th 1985 the Festival for Animals was held in Ipswich, Norfolk. This is an extract from the opening speech by Andy Highfields, East Anglian Animal Rights Press Officer.

'Today has been designated as a "Festival for Animals": the place chosen to hold the Festival, Ipswich. But before we really get under way, I think it is important to explain why this Festival is being held, and what it sets out to achieve.

You may well ask "Why a Festival for animals in the first place?". It is true that today there are plenty of other causes which, on the surface, might seem more important. People are starving in Africa and Asia, and even here in comfortable Europe, all is far from well: people, human beings, seem desperately in need all around us, so why should we concern ourselves instead with animals?

The truth, of course, is that we do not concentrate on animals to the exclusion of human beings: we recognise that the problems which afflict both have common roots, and that the well being, physical, mental and spiritual, of all living beings on this planet is inextricably linked together: we each form one tiny part of a single, giant, interdependent eco-system: we can no more destroy and neglect the components of this eco-system and expect to avoid any ill-effects, any more than we could justifiably expect to abuse the limbs of our own bodies and still remain in good health. By injuring animals, and by poisoning our environment, we injure and poison ourselves.

For example, we might conclude that we are justified in destroying the great rain forests if we so wish: what lives there? Only animals and plants. WE are the superior species, it is our right to destroy them if we desire. It is only when they have gone forever, never to return, that we realise what we have lost. Those trees are what gives this entire planet it's oxygen supplies - with them gone, we will choke to death in our own pollution.

Many of the plants which live in the rain forests have never been studied or analysed: who knows what potential benefits we destroy alongside them? Remember, Penicillin, one of the most useful substances ever discovered by mankind is a simple plant drug. When we cut down and burn the last of the great forests, are we burning the last surviving colony of a miracle plant which could cure cancer? We cannot know for certain. As to the animals which we so readily enslave and kill, whenever an animal dies, a part of us dies too. Killing becomes easier, and easier, and easier. Those who doubt this have only to note that the vivisectionist who now feel that they have learned what they can by experimenting on animals, are even now straining at the leash to be allowed to experiment on humans: embryos today, the officially 'useless' and good-for-nothing tomorrow, the slightly less than perfect the day after. Scientists hardened by vivisectioning animals, will feel few doubts about vivisectioning humans: and why should they? The issues, the priorities are the same. You cannot, in logic, argue for vivisection of animals, without opening the floodgates to the wholesale vivisection of humans.

This is why the question of animal rights matters: not only for its own sake, but because it has implications far beyond the obvious.



Why are we here trying to persuade you to adopt a vegetarian diet instead of raising funds for the starving in Africa? That is an easy question to answer. Did you know that 1lb of meat takes six pounds of grain to produce?

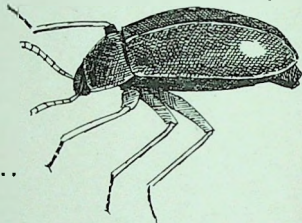
Did you know that here in Europe we spend more on feeding meat-animals than the whole continent of Africa and Asia combined spends on feeding starving people? Did you realise that your local McDonalds or Wimpy hamburger restaurant is directly to blame for the depletion of giant tracts of the South American rain forest, in order to convert it to short term grazing land for cattle, and that the grain which is used to feed those cattle has been taken out of the mouths of starving people? Only when this is recognised will long term solutions to human problems be possible.

It all comes down again to a recognition that we do not exist in isolation: that we cannot simply exploit and destroy with impunity. By respecting the animals with which we share this world we increase our respect for ourselves too.

ALTERNATIVE ANSWERS to the Quiz

Jean Philips

1. Is Petra Kelly...
the person who distributes the by-products of the oil industry
2. What does "Ms" stand for?
misanthrope
3. What is or was "Street Credibility"?
the belief that streets exist for street theatre and street parties not street violence and street gangs
4. Is Acid Rain...
visions of striped wallpaper on an LSD trip
5. Should children have unlimited TV...
only between 2am and 3am
6. Is "The Greening of America"?
that sick feeling generated in Americans by Reagan's love of Cruises
7. List the following in descending order of nutritional value...
g) Ethiopian breakfast
8. The "Jane Fonda Workout" is...
the unemployed woman's answer to a sit-in
9. Stripped pine furniture is...
Brighton deck chairs
10. Methane gas is...
the fuel of jet propelled septic tanks
11. Travelling to London is best done by...
second-class post, the scenic route
12. Personal growth is...
the result of putting manure in one's wellies, so my mother always told me
13. Ecology is...
the study of E-numbers
14. The literal translation of "au pair" is...
exclamation of annoyance from French girl's exposure to paternal chauvanism
15. Naturism is...
the study of goosepimples
16. Witchcraft is...
afternoon choice of activities in an alternative school
17. Jonathan Porritt is...
the thinking person's answer to Ted Moulton (only for over 35's)
18. The Open University is...
for broad-minded agoraphobics studying draught excluders



AROMATHERAPY

IN

PETERBOROUGH

Contact: Sally Roberts - Tel. P'boro 210598

TOUCH FOR HEALTH

COURSES IN NATURAL HEALTH CARE

A practical guide to natural preventative health care for everyone
using simple muscle and testing techniques to balance body
energies.

LEARN HOW TO:

- Relieve aches and pains
- Release emotional tensions
- Discover each individual's unique dietary needs
- Improve postural balance
- Detect minor imbalances and correct them before they cause
distressing symptoms
- Increase energy and physical performance
(in sports, dance or yoga)
- Promote a sense of well being and relaxation.

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in Cambridge

Basic course: 15-16 March

Advanced course: 26-27 April

Basic course: 7-8 June

Practise evening every second Wednesday of the month

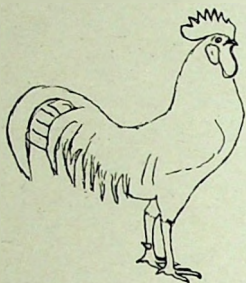
7:30-9:30 Cockcroft Hall, Clarkson Road

Beginners welcome

Queries: phone Romy Paine or Kit Lowe, Cambridge 354734

THE LAST WALTZ

Ode to the Little Red Punk Rooster



Second time around trussed up steaming decapitated upon the plate.

Plucked of plumage dignity.

Gutted and stuffed for snapping chewing animal jaws.

In descends the gleaming blade lunging with precision.

The 'Man', 'in charge', slicing tender steamy breast.

Cooked flesh wafts smells, licking lips bulging eyes tapping fingers rubbing stomachs

This your last but most attentive audience.

Come spring up young chicken and dance to your disintegration.

Let fly your bones, spit your juices tear yer skin,

Give 'em the radiation exposure leg wobblin' side splittin' ankle bone shuffle.

For they know you not!

Merely supermarketeers easy moral riders, yeah life bandits.

Seeing you just in frozen plastic coat, presented for their eye by some godless machine.

You like me, just some small moving eating dancing fucking vibrant living force.

Come mock me, dismiss my simplistic accusation

Cos remember its not your last dance but the chickens.

Brian

Nuclear Waste in Cambridgeshire?

Lowana Veal

Inhabitants of the Bedford area have been worried for a while about the plans by NIREX (the Nuclear Industries Radioactive Waste Executive) to dump nuclear waste at Elstow, only a few miles from the centre of Bedford.

Now, however, there are also plans to consider Cambridgeshire as a dumping ground. The proposed site would contain low-level waste - from hospitals, research establishments and the like - and intermediate-level waste, from Ministry of Defence establishments and nuclear power stations. The waste would be buried in steel drums in a deep trench. This would then be encased in concrete. The whole area would have to remain undisturbed for at least 350 years.

The initial rumour about Cambridgeshire being considered as a dumping ground was confirmed by Gill York, Information Officer at the Department of Environment. But she said that she could not say which sites were being considered.

Other people, however, have been poring over geological maps of the count to try and spot likely sites. Steve Lloyd, co-ordinator of Cambridge Friends of the Earth, said that the likely requirements would be a clay soil, good transport links by both rail and road, and land that is currently owned by the Central Electricity Generating Board (CEGB) or the MOD. He thinks that possible sites are Oakington airfield, Waterbeach airfield and Burwell clay pits.

The reaction by County councillors has been interesting. The Policy Planning sub-committee passed a motion in January which declared its opposition to the disposal of nuclear waste in the county "...until national guidelines have been established and we are satisfied that disposal will not result in unacceptable health, safety or pollution risks or other environmental consequences." This is a watered-down policy, for many councillors had earlier stated to Friends of the Earth that they would oppose nuclear waste dumping in the county at all costs.

An official announcement is expected from the DOE soon. Meanwhile, if you're concerned about the issue lobby your local councillors and MP, talk to people about it, contact your local Friends of the Earth or other anti-nuclear group, and be ready to leap int action if it seems likely that Cambridge will be one of the unlucky counties.

Hypnotherapy, Counselling
Bach Flower Remedies
Reflexology

Sujato Houwen
Phone: Madingley 211041

RADIO WAVE

By the time you read this, the Home Office may have made a decision as to which group in Cambridge should receive an experimental licence for a new community radio.

The Cambridge Community Radio Group hope that they will be the lucky ones. They certainly are entitled to it, as right from the start they have had lots of contact and involvement with a host of local community groups. They are about to register as a community co-op, which means that the paid workers, voluntary workers and listening subscribers will all be able to participate and vote at the 'governing body' of the radio group, the general meeting.

At the moment though, the CCRG have a steering group which meets once a month, and several working groups which meet fortnightly.

Finance

The finance group is trying to get the radio started on a sound financial footing. They have managed to get a grant from both the city and county councils, and money from trusts, local businesses and assorted community groups.

Once the station is broadcasting, it should be financially self-supporting through sponsorship and advertising. Promotional events and subscriptions and donations from members will cover the costs of publicising, promoting and keeping members informed of the station's schedule and activities. Advertising will be at competitive rates, and should have a ceiling of three minutes per hour compared to nine minutes for local commercial radio stations.

The technical side

The technical group is responsible for designing the transmitter, constructing the equipment, fitting and wiring the studios, and teaching others how to use the studio. The transmitter should be able to broadcast within a radius of three miles, so that some villages just outside Cambridge should be covered too. The frequency used will be the FM (VHF) band, which allows the option of broadcasting at a higher quality than on the medium wave band.

To complement this, the studio mixing desks must also be built to professional standards, and all the sources of

speech or music, such as record desks, microphones and tape players must also be of broadcast standard.

It is vital to have at least two mixing desks. The first, the studio desk, will be the one used by the programme presenter to combine all the material to be used in the programme - records, jingles, interviews, microphones etc. The output from this desk will then be fed to a second desk, the production or 'on air' desk. Here, additional material such as phone calls or guest speakers may be added to the programme, pre-recorded programmes can be played back, and group discussions and plays can be controlled.

Later, a third mixing desk can be installed in another separate room for editing material. Some form of intercom will need to be installed as well so that those involved in a programme can coordinate their actions.

Training

It's not easy being a radio presenter. The CCRG have just started running training sessions for those people currently involved in the group. These involve programme-making - interview techniques and editing; legal matters - the ins and outs of libel and copyright; the

code of practice and structure of the station; and later, presentation, technical details and administrative work.

When the radio group themselves are trained, they will start running sessions for people and groups who want to make their own programmes. They would like to have a number of pre-recorded programmes to hand, so contact them now if you're interested.

The group are still looking for suitable premises to use as a studio. If possible, the building should be wheelchair accessible. Specialised knowledge on how to convert premises would be welcomed.

OF COURSE WE LET THE
PUBLIC HAVE A SAY IN HOW THE
STATION IS RUN. WE PLAY
THEIR REQUESTS DON'T
WE...?



The licence will be given for two years but reviewed after one year. This

is normal practice for local radio stations, which have their franchise renewed every two years. In most cases it is renewed automatically. If the radio group were to hear in February about getting the licence, they would hope to start broadcasting by about May.

Initially, they would like two paid staff to work in the studio, to be increased in parallel with the number of hours broadcast. At first they would broadcast for six hours a day, with an extra two hours a day for student radio (designed for both CCAT and university students). Eventually

they would broadcast for 8-9 hours a day, plus the student radio air time.

As an outsider looking on, CCRG seems to be a well thought out, hardworking group which should be supported. If you are interested in making programmes or getting involved in the group, contact

Cambridge Community Radio
1 Fletcher's Terrace
Cambridge CB1 3LU
tel: Cambridge 61808
(days) or 210244 (evenings)

Lowana Veal

A New Initiative

The Third World Group at Impington Village College was set up about a year ago by Mrs. Robbins, an English teacher. From a nucleus of about five interested pupils, we have grown to about twenty, aged between 13 and 18 and now hope that the group will be able to run itself in future with minimal support from the teachers. Initially, we met monthly, but there is now enough support to warrant fortnightly meetings. After much discussion, we decided on two main aims; to educate ourselves about issues concerning the Third World and to raise funds for various charities working there.

Quite a lot has already been achieved on the first of these aims. We have spent two meetings discussing the Brandt Report and have also arranged several talks on topics ranging from conditions in Bangladesh by Mr. Infield, who did Voluntary Service Overseas work there, to a talk by a doctor who has had twenty years experience working in Africa and the Far East. Another talk was on co-operative projects funded by Oxfam in India. One such project was a boat building co-operative among fishermen in a tiny village in the southern tip of India. Oxfam provided the initial money and expertise, but the project is now self-

financing and has helped the members of the village along the way to self-sufficiency. We have also learned about the causes of poverty in South America from a video shown by Mr. Swansen, the Area Organiser for Oxfam.

Fundraising

On the fund-raising side we have achieved less but are in the process of planning several events for the future. But last November we took part in the Oxfam Sponsored Fast in aid of their Hungry For Change Campaign. We managed to get a lot of support for this from people in the school unconnected with the group, especially from the sixth form. Most people fasted for thirty-six hours, although one girl managed for three days. From this we raised about £500 for Hungry For Change which was handed over on January 6th. The Cambridge Evening News covered this which was the first publicity we had had outside school. Just before Christmas we arranged a carol singing evening and raised £50 in aid of Oxfam.

In the future we would like to raise some funds for the group itself. We hope to adopt a small project somewhere in the developing world and use any such funds for this. To this end we are planning an international food stall at the school spring fair and, possibly, a concert. We are also going to take part in the Oxfam sponsored walk in March and are at present trying to drum up support from the rest of the school for this. There is also the possibility of affiliation to the UN but this is only an idea at present.

Rebecca Woodsford

EASTER REGRESSION WORKSHOP/ A WEEKEND regression
CELEBRATION with Sarina LaRive
at



Down Hall, Great Waldingfield, Sudbury, Suffolk

March 22 & 23 1986 (Choose one or both days)

Saturday Lecture £8 : THE PRINCIPLES OF PAST LIFE REGRESSION

10:30 - 4:30 Who? What? When? Where? WHY? Learn about the practical psychological/spiritual value of past lives.

SUNDAY REGRESSION £25 : THE EXPERIENCE OF PAST LIFE REGRESSION

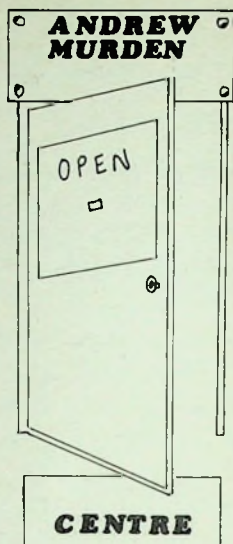
10:30 - 4:30 In a state of total relaxation and awareness you will be guided to experience several past lives which have specific significance for you in the NOW. (Students and unwaged half price)

Bring a sack lunch both days. Bookings & Directions from Jane Walters, Sudbury Suffolk. Phone (07870 72123)

Centre for the Unwaged

The Andrew Murden Centre is named in the memory of the late chairman of the Cambridge and District Trades Council, who did so much to make the idea of a Centre in Cambridge a reality, before his untimely death in a car accident, on Christmas Day 1982.

The Centre is financed by the City Council and the Cambridge and Districts Trades Council, with assistance from local trade union branches, businesses, churches and local organisations. It is managed by a Management Committee consisting of 7 Trades Council delegates, 2 City Councillors, 1 local resident, and 2 members of the Cambridge Unwaged and Unemployed Workers Association. There are 2 full time workers at the Centre.



The Centre is a place to call in for a cheap cup of coffee or tea, to meet and make friends, to talk, to discuss ideas, to organise and join in campaigns, to read through the assortment of literature that is available, and to join in the various courses the Centre runs.

The courses currently range from Photography to Cycle Maintenance classes, French Conversation to Keep Fit sessions. We are also in the process of setting up a Basic Maths course and have volunteers available to run courses on First Aid, Esperanto, and Patchwork, if enough people show interest.

Cheap snacks and refreshments are available at lunch time (12.30 to 1.30) and child care facilities are in the process of being set up.

We offer information for anyone with problems or queries about welfare rights, concessions, finding or starting work or training, and we are building up a fund of local information to enable us to put people in touch with each other, or any agency, organisation or club in which they may be interested.

The Centre was officially opened by the Mayor, and Andrew Murden's parents on the 22nd of April 1985. It's opening hours are from 10.00 a.m. to 5.00 p.m. Monday to Friday,

and it is designed to serve all those who do not receive a full-time wage/salary, and includes women/men at home with children, the disabled, Senior Citizens, students, and those on Government Schemes. There is an easy and co-operative atmosphere at the Centre, and if you would like to become involved in any of its activities, we would be very pleased to see you there.

Di King and Bill Wells
(Centre Workers)

ANDREW MURDEN CENTRE FOR THE UNEMPLOYED AND UNWAGED
UNIT 4, DALES BREWERY, GWYDIR ST. CAMBRIDGE (O223) 316004

The Bridge Project

Last summer the Bridge Project opened in its new permanent premises.

Based at 154 Mill Road (opposite Great Eastern Street), the Bridge Project offers an advisory service on Drug Misuse. Broadly speaking, the Project provides various services to Cambridge and surrounding towns and villages.

One of our main functions is to provide an early intervention service for those young people who may be misusing drugs but are not yet entrenched in an addictive lifestyle. Therefore we offer advice, information, and, when appropriate, counselling to young people concerned about drugs or solvent misuse.

We also provide a confidential phone-in service and are happy to advise friends and parents or families who may be worried about a relative's actual or suspected drug misuse.

A major part of our brief is to educate and inform people about drugs and drug misuse. Thus we are involved in producing training courses for professional bodies and we are happy to give talks to any interested organisations or groups.

154 Mill Road is a walk-in centre. Each day the project has a duty worker whose task it is to offer assistance to any person calling in. It is the Project's aim to have as relaxed an atmosphere as possible in order to encourage young people to come and talk about a sensitive and frightening subject in complete confidence. Many young people, families and friends are worried about approaching statutory or medical agencies when faced with drug difficulties; we intend that they should feel able to ask for advice and information in confidence from a community-based service.

We have established links with many other organisations around the area, often drug difficulties are symptoms of other problems so we refer the client to the appropriate agency, but we are keen to build further links with other agencies.

The Project staff are: Judy Foster, who was a Social Services Team Secretary, and is now our Admin. Officer; Brendan Morrell, Project Leader-who worked for many years with drug misusers in London; Ann Stockford, Project Worker, who is interested in women and drug misuse; Mike Blank, Project Worker, whose background is in working with young people and families, and Adrian Dzialdowski, who will be researching both the nature and extent of drug misuse in Cambridge, and the effectiveness of the Project.

Please feel free to contact us at any time. Our phone number is: Cambridge 214604.

Mike Blank
Project Worker/Bridge Project

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WELL BEING

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effective relaxation
techniques

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THE CASTLE PROJECT



What is it ?

It is a local project run by the Richmond Fellowship, a registered mental health charity. The project provides facilities for young people recovering from emotional problems. It aims to help them in their efforts to develop independent lives as young adults.

The Project has a fully staffed shared house for eight people, a less supervised shared flat for four people and a craft workshop which offers full and part time work.

Residents and craft workers are referred to the Castle Project by professional agencies - social work or medical.

Providing a home

The house has no daily programme; it is mainly unstructured and formal rules are kept to a minimum. Staff offer all the residents counselling plus practical teaching and other help.

When it's appropriate residents make use of resources in the city for voluntary or paid work, sports and social clubs etc.

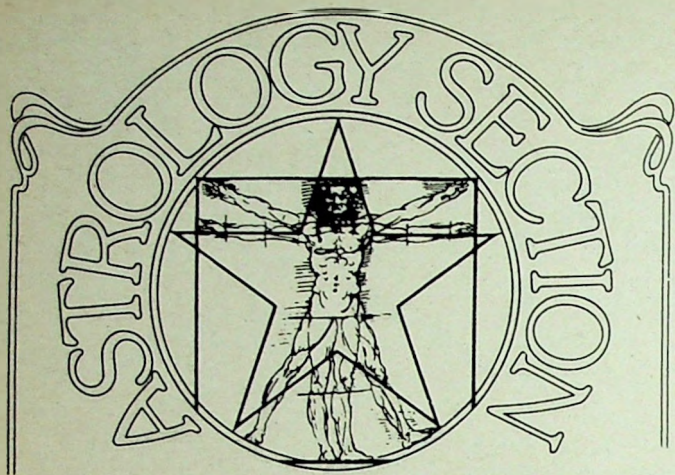
Both the house and flat offer accommodation for about a year - most of the flat residents having previously lived in the house. The accommodation tries to provide the background and security of a home as well as the privacy, freedom and support to help them develop responsible and independent, individual lives.

Residents do the cooking, shopping and housecleaning. In the house, cooking is communal and rotas are used for this as well as other duties. Kitchen dining/living room and laundry facilities are shared and residents have their own bedroom and front door key.

Visitors

Both residents and staff welcome visits from people who may wish to become involved with the Project's work on a voluntary basis.

For more information contact: Cathy Skinner, Castle Project
Cambridge CB2 6JZ



People and the State

Astologers use various "birth" charts for determining the fortunes of the United Kingdom, each of which describes a certain "character": the differing myths of Britishness. The most important one is that for the Union of Great Britain and Ireland, at midnight on the morning of 1st January 1801. On this horoscope we saw the Brighton bombing, and in gentler fashion the decline of the British merchant fleet and the privatization of British Telecom. The Channel Tunnel is involved here as well, and it too is due for a sudden shakeup around 13th March, and maybe a total shutdown next January. Predictions apart, the 1801 chart, with Libra rising, shows the national myth of decency and fairness, the national reluctance to boast of one's own achievements, and even the inexorable spread of English as a world language, plus the stiff upper lip we use for pronouncing it. "Born" at midnight, like many modern nations, the UK keeps its real power of government hidden, partly in the rituals of a constitutional monarchy, but also in the "Yes Minister" machinations of an entrenched Civil Service.

The Sun in Capricorn, sign of estate management, shows British business flair and practical ambition, together with the firm conviction that only what is unsentimental, ancient, or encrusted in protocol is worthy of respect. The growth in ecological consciousness which astrologers predicted following the entry of idealistic Neptune into earthy Capricorn in January 1984, has indeed resulted in the birth of GREENWAVE (edited by a Capricorn, to boot), and the growth of the Ecology (now Green) Party, but it has also gone hand in hand with the romanticization of the upper classes and of conventional material ambition. The eco-turnabout I predicted for December 25th and 27th turned out to be only the Queen's speech in praise of compassionate and selfless action, a Neptunian theme

espoused by the Establishment, but the beginning of the new eco-year on January 10th was indeed marked by David Bellamy's article in THE SUNDAY TIMES (Jan. 12th) describing the considerable progress in Green consciousness that has gone on over the last 12 months.



The UK chart also shows our democracy not only in the hidden Sun, but in the elevated Moon in its own sign, Cancer: government by popular opinion, whether through the ballot box or the self-righteousness of the tabloids. No such democracy is visible in the English chart, however, drawn up for the coronation of William the Conqueror at noon on Christmas Day 1066. The real power of government is invested for all to see in the hands of the monarch - Sun in Capricorn again. This version of Capricorn is not banking and business, but the feudal system, and the class society which has persisted into the 1801 chart. The common people in 1066 were shown to be a subject race: whereas since 1801 we have had the uneasy co-existence of the class system with popular democracy. Mars in Aquarius looks democratic, but most likely refers to the forcible raising of men from all ranks of society whenever the King needed an army. Curiously, it was only in 1803, under the new horoscope, that a full-time Regular army replaced the on-call local militias. The English chart is warlike, with Aries rising it is no wonder that "John Bull(dog)" was the figure that the Victorians looked back upon from their newly civilized national identity. This chart shows trends rather than events - with the exception of the formal ending of the miners' strike, which by being visible on this chart and not the 1801 chart was revealed as an atavistic reply of the Norman Conquest, when ruthless William found "no alternative" but to slaughter, yes slaughter, the whole population of Yorkshire. Strong stuff, national myths.

But there is also a tradition of craftsmanship, which in the 1801 chart has become arty-craftiness plus our excellent theatre. This leads back to the Anglo-Saxon chart, which I shall look at in the next issue.

Advertisements

Networks listings and events are all free of charge. Small ads are free for the first 15 words. 5p a word thereafter. Box ads are £5 for 1/6th of a page, £9 for 1/3, £7 for 1/4, & £14 and £27 for 1/2 and full page ads. Cheques to Greenwave.

REGULAR EVENTS

ANIMAL RIGHTS CAMBRIDGE

2nd Tuesday in the month at Wesley Centre 7:30. Call Joan C 311828, Sean C 862553 or Mandy 321376 for details

ANIMAL AID

1st Weds. each month 7:30 Wesley Hall

ANTI-APARTHEID

Tuesdays monthly. Brian Williams C. 351078

ART AS SELF DISCOVERY

Netherhall Centre, Gunhild Way, Camb. Thursdays 7-9 Gabriel Oliver C.66874 or C. 243633

ASTROLOGICAL ASSOCIATION

Monthly group, practising astrologers; Jane Giddings Cottenham: 51735

ASTROLOGY

Beginners classes Max Holloway C. 327839

BIOENERGETICS

Margaret Dyson 4 Kimberley Rd Tel C. 67311

CAMBIENT

(Cambridge & Ely Naturalists' Trust) Meetings, outings Tel. C. 358144

C.N.D.

1st Tues. of month 7:30 Friends Meeting House, Jesus Lane, Cambridge.

COMPULSIVE EATERS

Ongoing group for women with eating problems; Prudence Jones, Cambridge 323299

COUNSELLING-THIRTY THREE

The Young Peoples Counselling & Information Service Camb. Mon, Wed, Fri, Sat - 11-2

Tues, Wed - 3-6 Thur, Fri 6-9 33 Clarendon St. C. 316488

ECOLOGICAL PARTY (Camb.)

4th Weds. in month. The Eagle, Bene't St. 8 p.m. Yvonne Douglas C. 211149

ECOLOGY PARTY (P'boro)

1st Wed in month The Still, Cumbergate. Nigel Callaghan. Tel P 239098

ESPERANTO SOCIETY

1st Mon. in month, B. Haswell 56 Tower St. Old Fletton, Peterborough. P. 41032

FRIENDS OF THE EARTH

(Camb.) 4th Tues. in month, Bath House, Gwydir St. C. 312800

FRIENDS OF THE EARTH

(Peterborough) 2nd Sunday of month at 73, Huntly Grove, P'boro. John & Theresa Byrne - Tel P 67221

GESTALT

Helen McLean 25 Hemingford Rd Tel C. 350649

LIFESTYLE MOVEMENT

Life Style Lunch every 2nd and 4th Friday in the month 12 noon-2 pm for talk and appropriate action. Bring sandwiches, children welcome. Jean Philips, 2 Tower Rd., Sutton Ely 778814

TOUCH FOR HEALTH

Romy Paine 27 de Freville Ave. C. 354734

VEGETARIAN SOCIETY

2nd Monday monthly. The Eagle Pub, Bene't St. 8pm Tel. Willingham (93) 60571

EVENTS

MARCH MARCH MARCH MARCH

- Sat 1st OXFAM WALK. Raise money for water capture in N. Kenya. Contact Oxfam 110 Regent St. C.358758.
- SALE OF TREES & WILD FLOWERS for your garden. 10am to 4pm outside YMCA Gonville Place. In aid of Cambridge Conservation Volunteers. Details C.64416 Ext. 38.
- THE POWER OF THE LIVING SPIRIT IN THE AGE OF CHANGE. An address, music, poetry, sacred dance and stalls. 10am to 4pm Friends Meeting House, Jesus Lane Cambridge. Contact Noelle Leven, Priory House, 55 Friars St. Sudbury, Suffolk.
- Sat 8th INTERNATIONAL WOMEN'S DAY at the Womens Resource Centre. 10.30am to 5pm Events, video, bookstall, Indian Folk Dancers, creche. Evening 8.30pm at St Philip's School, Ross St, Cambridge. - Guest Stars and a women only Jazz Band. Tickets from the Women's Resource Centre.
- 8th-9th TAI-CHI WORKSHOP with Devakirti. 10am-7pm Sat. 10am-5pm Sun. Cost £25 (some reductions available). Bookings - £10 deposit to: David Watkins, 12 St Catherines College, Cambridge
- Mon 10th YWCA. MENOPAUSE HELP GROUP. Talk "Womens Health Information Centre". Rosie Maternity Hospital. Robinson Way, 2pm-4pm. Contact: Sheila Bly. C.842531
- Wed 12th F.O.E. SPEAKER MEETING. "Cambridge Green link with the Continent". with Margaret Wright at the Friends Meeting House 7.30pm.
- PROBLEMS OF MODERNISM, POST MODERNISM AND FEMINISM. by Peter Vollen. "The Age of Plunder" at Kettles Yard. 7.30pm.
- NATIONAL NO SMOKING DAY. Balloon race outside Guildhall Cambridge. 10-12am. 10p per balloon. £15 prize for furthest distance.
- Thu 13th FILMS. "Making the Media Work", "Health and Human Rights", "Making News" and "A Happier Old Age". Cambridge Darkroom. Gwydir St. Cambridge. £1.00 at the door.
- 15th&16th TOUCH FOR HEALTH Basic course 10am-5pm both days. For details phone C.354734.
- Sun 16th BIKE RIDE FOE 10.30. Destination to be announced. Bring sandwiches. Meet at the Bath House.
- Wed 19th SPRING FAIR in aid of Children's Society. Guildhall, Cambridge. 10am-3pm.
- 20th&21st "WORKING WITH GROUPS" 2 day course. £5 per day. Details from: The Shed, Addenbrokes Hospital. C.214553.
- Fri 21st "ENVIRONMENTAL POLLUTION AND HOW IT AFFECTS YOU" talk by Chris Major for Cambridge Food Intolerance Society. Friends Meeting House. 7.30pm.
- 21st-31st OPEN SPRING RETREAT for men. £12 per night (£8 low income). Padmaloka, Lessingham House, Surlingham, Norwich. Phone 050 88 8112.

Sat 22nd "DANCE IN UNITY, HARMONY & JOY" with Azncena and Lone Watty, at the University Centre, Granta Place. 2pm-6pm. Contact Christianne Heal C.314620 or 01 435 5432. £4.50.

PEACE PANEL MEETING "The role of international language, education, international law and contribution of women in peace. Sponsored by Bah'ai Community. 7.30pm. Friends Meeting House, Jesus Lane. Admission Free.

Tue 25th FOE MONTHLY MEETING FOE office, Bath House 7.30pm.

26th, 27th "COMMUNITY DEVELOPMENT" 3 day course (third day is April 24th) £5 per day. Details from: The Shed, Addenbrokes Hospital. C.214553.

APRIL APRIL APRIL APRIL

3rd&4th "INTRODUCTION TO RELAXATION" 2 day course. £5 per day. Details from: The Shed, Addenbrokes Hospital. C.214553.

Sat 5th "CHOICES" Action Against Child Sex Abuse. Day workshop for mothers and women who work with children. 10am-2pm at The Womens Resources Centre (see Networks)

7th-12th Enrolments for summer term at Womens Resources Centre.

11th-13th TAI-CHI and/or YOGA. Weekend for men. £27 (£18 low income) Padmaloka, Lessingham House, Surlingham, Norwich. Phone 050 88 8112.

18th-20th KARATE Weekend for men. £27 (£18 low income) Padmaloka, Lessingham House, Surlingham, Norwich. Phone 050 88 8112.

Fri 25th "SETTING UP SELF-HELP GROUPS" 1 day course. £5 per day. Details from: The Shed, Addenbrokes Hospital. C.214553.

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24th-31st NATIONAL CYCLE WEEK watch FOE for details.

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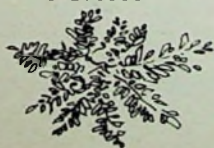
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